

MENU

OCTOBER

ALL STUDENTS RECEIVE ONE FREE LUNCH DAILY

Menu subject to change without notice.

			Walking Taco w/Salsa and Cheese (or Soft Taco) Shredded Lettuce and Tomato Fiesta Beans w/ Roasted Corn Chilled Fruit Cup Assorted 100% Juice Churro	01	Cheesy Pizza Slice Steamed Broccoli Fresh Veggie Cup Chilled Fruit Cup Graham Crackers	02			
Jumbo Hot Dog on Bun Optional add Chili and Cheese BBQ Bakes Beans Baby Carrots w/LF Dip Fresh Veggie Cup Chilled Fruit Cup Sidekicks	05	Chicken Tenders/Breadstick Oven Roasted French Fries Fresh Veggie Cup Chilled Fruit Cup Assorted 100% Fruit Juice	06	Grilled Cheese Sandwich Tomato Soup Black Bean Salad Chilled Fruit Cup Goldfish Crackers	07	Chicken Bites with Gravy, Cheese and WG Dinner Roll Mashed Potatoes Buttery Corn Chilled Fruit Cup Oatmeal Cookie	08	Cheesy Pizza Slice Steamed Broccoli Fresh Veggie Cup Chilled Fruit Cup Assorted 100% Fruit Juice	09
Stuffed Cheese Sticks Marinara Sauce Green Garden Salad w/LF Dressing Fresh Veggie Cup Chilled Fruit Cup Goldfish Crackers	12	Mac & Cheese WG Garlic Breadstick Stewed Tomatoes Edamame Chilled Fruit Cup Assorted 100% Fruit Juice	13	Meatball Sub on WW Roll w/ Cheese Herb Seasoned Potato Wedges Baked Beans Baby Carrots w/LF Dip Chilled Fruit Cup Sidekicks	14	Chicken Nuggets w/ Dinner Roll Steamy Rice Buttery Corn Chilled Fruit Cup Assorted 100% Fruit Juice	15	Cheesy Pizza BBQ Baked Beans Fresh Veggie Cup Apple Slices Cheez It Crackers	16
Mountaineer Cheese Steak Sandwich Sauteed Onions & Peppers Carrot Sticks w/ LF Dip Garden Side Salad w/ LF Dressing Chilled Fruit Cup 1/2 oz Potato Chip	19	Hamburger/Cheeseburger on WW Bun Assorted Toppings- Lettuce, Tomato, Pickles Oven Roasted Tater Tots Black Bean Salad Chilled Fruit Cup/ Sidekicks	20	Twisty Chicken Alfredo or Pasta with Meat Sauce Fresh Baked Breadstick Steamed Broccoli Fresh Veggie Cup Chilled Fruit Cup Oatmeal Cookie	21	Cycle Menu Flex Day Chef's Choice will be posted in the cafeteria Harvest of the Month	22	Cheesy Pizza Slice Baby Carrot Sticks w/LF Dip Garden Side Salad w/LF Dressing Apple Slices Assorted 100 % Fruit Juice Cheez It Crackers	23
Breaded Chicken Patty on WW Bun (optional Hot Honey Sauce) French Fries Petite Peas Garden Salad w/LF Dressing Chilled Fruit Cup	26	Hot Ham & Cheese Sandwich Oven Roasted Ranch Potato Wedges Fresh Veggie Cup Chilled Fruit Cup Assorted 100% Fruit Juice	27	Homemade Assorted Stromboli Steamy Corn Baby Carrots w/LF Dip Fresh Veggie Cup Apple Slices Pretzels	28	Walking Taco w/Salsa and Cheese (or Soft Taco) Shredded Lettuce and Tomato Fiesta Beans w/ Roasted Corn Chilled Fruit Cup Assorted 100% Juice Churro	29	Cheesy Pizza Slice Steamed Broccoli Fresh Veggie Cup Chilled Fruit Cup Graham Crackers	30

LF White Milk and Skim Chocolate Milk
Served Daily

Ala Carte items available for purchase.
Student must have funds available in their
lunch accounts or cash to purchase items.

